**Interview 2**

**Why do you eat so healthy?**

She is allergic to a lot of foods: soy, food coloring, tree nuts, and shell fish. It becomes very difficult for her to eat and so she makes most of her meals in her dorm room. She does not have a meal plan.

Interviewing this student proved to me that each person is different. We all choose to eat the way we do for our own reasons. After talking to this girl I discovered that she would like to be able to eat whatever she wants whenever she wants, but she is physically unable to. She eats healthy because she has to. She doesn’t have a body image problem and she doesn’t just enjoy eating healthy. For this student, her food choices could be a matter of life and death.

**Interview 3**

He doesn't worry about his health much because he is still young and is thin with a fast metabolism. He eats what he wants because he figures you only live once so you might as well enjoy it.

This was the first interview I did with a male student. He eats healthy for the most part but definitely emphasized that he enjoying eating snacks all day long. He was the first student who directly said he doesn’t even really pay attention to what he eats most of the time because he doesn’t have to. He will eat what he wants when he feels like it.

**Conclusion**

After interviewing various students, observing dining locations, and recording time diaries, I have come to a few conclusions. The first conclusion that I have reached is that students choose to eat the way that they do out of personal preference[[1]](#endnote-2). There are always going to be students that can be found at the gym everyday and who never put a piece of junk food in their mouths. They may be doing this to improve on the way they look; they may be doing this due to food allergies, or simply because eating unhealthy food grosses them out. However, for every super healthy student, there is going to be a student who really isn’t concerned with what he or she consumes. They eat whatever they want because either they are content with how they look, or they just want to enjoy their lives without counting every calorie that they put into themselves. They may see the desert bar at school and get something every single day from it, oblivious to the fact that they are gaining weight. It was very important to me throughout this process to stay away from generalizing people. I simply wanted to discover why students eat healthy or why they don’t, and I believe that I did uncover this. Some students expressed wanting to stay away from gaining weight[[2]](#endnote-3), some simply had allergies, but they all had something in common. They all chose to eat the way that they did because they wanted to. No one expressed to me that they were eating healthy because their friends did. They may want to look a certain way, but ultimately it was their decision to eat certain foods. I believe that in the case of the students I interviewed and observed, what they want outweighs external factors[[3]](#endnote-4). Another important thing I did realize was that students who eat healthy seem to be much more conscious of what they are eating. Students who choose unhealthy meals seem to eat what they want when they want without realizing all that they have eaten.

In my findings, I also discovered that some males can eat a lot! However that being said, some girls can too! I realized in my research that some students consume multiple dinners for one meal. A lot of these students aren’t even over weight. Some people are able to eat the amount that they do because their activity level is so high, that they need the extra energy. Others are naturally thin and eating doesn’t make a difference at all in their figure. These students don’t appear to be unhealthy physically, but they eat what they want.

I have also learned through this process that you can’t look at a person and decide just from appearance whether they choose to eat healthy or not. Sometimes the way we look may not be due to what we eat, but may be due to genetics or illness. I believe that this may be the most important lesson that can be learned from this entire experience.

1. Introduction [↑](#endnote-ref-2)
2. Insert [↑](#endnote-ref-3)
3. Interpret [↑](#endnote-ref-4)